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## Science behind an out-of-body experience

Researchers take close look at woman's brain PAGE 4

## FROM SKINNY JEANS TO TALKING GOALIE SCREENS

GEORGE STROUMBOULOPOULOS OFFICIALLY NAMED HOST OF HOCKEY NIGHT IN CANADA, BUT RON AND DON ARE STICKING AROUND PAGE 18

# Apartment, condo recycling recommended

**City hall.** Contractors would provide service to multi-family complexes if the plan moves ahead

MARCO VIGLIOTTI
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A proposed city program requiring apartment and condominium buildings to privately provide recycling services to their residents should have been "started 20 years ago," says a developer of a downtown residential complex.

"It's something we're actually promoting in our building," Wayne Hydeman, developer of Regina's new Centre Square Place condominium building, told Metro on Monday.

On Thursday, city hall's public works committee will consider a staff report that recommends mandating that all apartment and condominium complexes not currently served by the city provide their residents with on-site recycling by the start of 2015.

The city provides recycling services to a few multi-family properties through its communal Big Blue Bin (BBB) program.

The annual cost of running the BBB program is $65,000.

The report recommends that the city not put forward funding for the establishment of recycling services at multi-family dwellings. The program would instead be structured as an arrangement between the property owner and the service provider.

For most properties, Hydeman said, the proposed rules would not have much of an impact. He noted that even garbage services for multi-unit complexes tend to be provided by private operators.

"Historically, it's been (privatized) removal of garbage and recycling," he said. "It makes no difference."

Mayor Michael Fougere said programs for multi-family complexes are the next phase of the city's recycling plan, following the roll-out of residential curbside service last summer.

"I think we were in some ways behind the times," Fougere added, "but now I think we've caught up."

## LEAVE IT TO MCKEEVER

**Brian McKeever, right, and guide Erik Carleton of Canada pose at the flower ceremony after winning gold in the men's 20-kilometre visually impaired cross-country ski event at the Paralympic Winter Games on Monday in Sochi, Russia. Story, page 18.** MARK KOLBE/GETTY IMAGES

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Police investigate

## Man found dead in Regina's north end

City police are investigating after a shirtless man was found dead in an alley along the 3100-block of 6th Avenue, near Garnet Street, on Monday morning. METRO

Victim hospitalized

## Attempted-murder charge laid after man injured

A 30-year-old Regina man has been charged with attempted murder following an incident early Saturday at a home in the north core area.

City police were dispatched to a house on the 1500-block of Elphinstone Street about 1:30 a.m. after a call about a weapons offence.

Officers discovered a 44-year-old man on the floor suffering life-threatening injuries. Emergency crews took him to a hospital, where the victim remained Monday night. METRO

Drug investigation

## Two teens charged with trafficking cocaine

Two teens face drug charges after a bust by Regina police on Friday.

Police saw a vehicle on the 2000-block of Fleury Street belonging to a suspect they had been tracking as part of a trafficking investigation.

After apprehending them, police allegedly found nine ounces of cocaine, cash and other paraphernalia associated with the drug trade.

Alex Brian Hutchinson, 18, and a 17-year-old boy who cannot be named were both charged. METRO

# Grain transportation still causing controversy in Sask.

**Federal order.** CN and CP will be forced to move a minimum of one million tonnes of grain weekly

SARAH TAGUIAM
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Grain transportation remains the hot topic in Saskatchewan following the federal government's order to force Canada's two major railways to double the grain they ship weekly.

The federal New Democrats are touring the province, calling for more aggressive measures to end a backlog stalling shipments for months.

And the Saskatchewan Association of Rural Municipalities (SARM) annual convention in Regina this week will wade into the issue.

"The main issue in our delegates' minds is probably grain transportation," SARM president David Marit said on Monday.

An order-in-council was issued by Ottawa on Friday, forcing Canadian National and Canadian Pacific to begin moving a minimum of one million tonnes of grain in 11,000 cars weekly within a month.

The companies will be slapped with a maximum of $100,000 in fines daily if they fail to comply.

Federal NDP agriculture critic Malcolm Allen said CN and CP had already promised that number of cars for the spring, prior to the order.

"What do you do with a crop that's larger than normal … or when you run into a situation like the cold winter we've had?" Allen said in Regina.

"There's no plan for that."

The federal Conservative government plans to table legislation dealing with the backlog on March 24.

"Our government will introduce legislation … that will help address logistics challenges in the medium and long term — legislation that we expect all opposition parties to pass quickly as they previously indicated they would do," federal Agriculture Minister Gerry Ritz told Metro in an email.

Ritz and federal Transport Minister Lisa Raitt are slated to address the SARM convention on Wednesday.

David Marit, president of the Saskatchewan Association of Rural Municipalities, is gearing up for an upcoming convention, where grain transportation will be a major topic. SARAH TAGUIAM/METRO

# NDP urges Harper to improve fire service at reserves

NDP Leader Cam Broten
MARCO VIGLIOTTI/METRO

The Saskatchewan NDP is pressing Ottawa to improve firefighting at First Nation reserves after four children died in house fires in the province in the past six months.

NDP Leader Cam Broten has written a letter to Prime Minister Stephen Harper asking for more action. The New Democrats point out that the death rate in house fires at reserves is more than 10 times that of comparable off-reserve municipalities.

"I called on the Prime Minister to provide the right funding in place for fire prevention, for fire … education and fighting fires," Broten told reporters on Monday.

While acknowledging that such services at reserves are the jurisdiction of the federal government, Broten is urging Premier Brad Wall to also pen a letter to Harper in hopes of a unified voice spurring Ottawa into action.

Jim Reiter, minister responsible for First Nations, Métis and northern affairs, said he will discuss it with his federal counterpart Bernard Valcourt.

Fire safety at reserves recently leaped into the media spotlight after two young boys were killed in a blaze at Pelican Narrows earlier this year.

Critics point out that an old fire truck in Pelican Narrows was not operational and didn't even make it to the scene of the blaze. MARCO VIGLIOTTI/METRO

# FUTURE 40 CATCHUP: MELISSA FIACCO

CBC's Future 40 project is entering its second year – this time partnering with Metro to showcase Saskatchewan's upcoming young leaders on multiple platforms. All this week, Metro will be featuring a profile of one 2013 winner.

JACOB MORGAN
Metro in Saskatoon

Melissa Fiacco draws inspiration from her home province.

Born and raised in Regina, Fiacco was featured last year in CBC Saskatchewan's Future 40 contest. Since then, the 29-year-old communications professional has enjoyed a busy 12 months.

"It's actually been one of the best years I've experienced," says Fiacco.

Canadian Manufacturers and Exporters (CME) recruited her in September as director of membership and public relations for Saskatchewan.

An important aspect of the job is promoting the province's diverse economy. In 2013, said Fiacco, the manufacturing sector achieved a record high with $15.2 billion in sales.

"I always assumed — like a lot of people — that Saskatchewan was almost exclusively producing agricultural equipment," she said. "(But) it's producing military equipment (and) unique technology. And the research and development area is really interesting."

Prior to Fiacco's position at CME, she spent more than a year as visitor services manager with Tourism Regina and has also contributed to Saskatchewan Fashion Week and the Saskatchewan Young Professionals and Entrepreneurs organization.

"They are absolutely all interconnected," she said.

The common thread is Fiacco's dedication to civic engagement, which she said she learned from her father, Pat Fiacco, the former mayor of Regina.

"People need to collaborate with each other and with government in order to achieve a quality of life they can be proud of," she said.

While Fiacco said she doesn't have plans to run for office, she remembers her family's supper-table conversations about municipal issues.

"One of my dream jobs is to be a senior adviser to a political leader like Brad Wall," she said. "I don't attribute that to his ideology, I attribute that to what he embodies and represents as a leader."

**Dedication to civic engagement**

**"People need to collaborate with each other and with government in order to achieve a quality of life they can be proud of."** Melissa Fiacco

**Future 40 project**

For more information on CBC's Future 40 project, head over to cbc.ca/sask.

## U of S. Student union calls tuition increase 'unreasonable'

A tuition increase announced by the University of Saskatchewan has the union that represents its students up in arms.

The University of Saskatchewan Students' Union (USSU) is condemning the increase for the 2014-15 academic year, saying its members are paying too much to an institution in the process of potentially axing support services and programs.

On Monday, the U of S announced that undergraduate students will see an increase of up to 5.5 per cent. Jordan Sherbino, the USSU's vice-president of academic affairs, charged that the hike is "unreasonable."

"With TransformUS and systematic cuts unlike we've ever seen before at this university, we're seeing students' programs getting cut," Sherbino said. "Yet students are still expected to pay more and more."

In December, the U of S released two reports as part of its TransformUS initiative, ranking support and academic services in hopes of chopping $25 million in operating costs.

Sherbino said students were left out of the process and should have more input into the institution's governing decisions, especially those directly affecting them.

"When we see an increase in tuition, it's not simply another little speed-bump on the way to coming here. It's a full-on wall," he said.

But Brett Fairbairn, provost and vice-president academic at the U of S, said the increase is based on "principles and comparisons between universities," and not with balancing the budget.

**Tuition increases**

- **Law:** 5.39 per cent
- **Nursing:** 5.08 per cent
- **Engineering:** 5.03 per cent
- **Agriculture and Bioresources:** 4.31 per cent
- **Business:** 4.09 per cent
- **Graduate studies:** 4.02 per cent

MORGAN MODJESKI/METRO IN SASKATOON

## Poverty Costs. Campaign rallying support for poverty-reduction plan

A new campaign is aimed at giving Saskatchewan some perspective on the cost of poverty — the $3.8 billion that its organizers claim is spent in the province on the issue every year.

And the Poverty Costs campaign wants the public to voice support for a legislated strategy to deal with it.

"A poverty-reduction plan would build on those efforts and would tie them together," said Alison Robertson, community development director with the Saskatoon Food Bank and Learning Centre, one of the project's partners.

"On a provincial level, a lot of the work is already underway."

Launched on Monday in Saskatoon at Station 20 West and running until March 15, the campaign will hold events to push for a comprehensive plan in Saskatchewan.

Saskatoon police are supporting the effort, which is organized, as well, by the Saskatoon Anti-Poverty Coalition, the Upstream think-tank and the Unite Digital Marketing Co-op.

Information is available at povertycosts.ca.

MORGAN MODJESKI/METRO IN SASKATOON

Alison Robertson, director of community development at the Saskatoon Food Bank and Learning Centre, left, with Rachel Malena of think-tank Upstream. Together, they've launched Poverty Costs. MORGAN MODJESKI/METRO IN SASKATOON

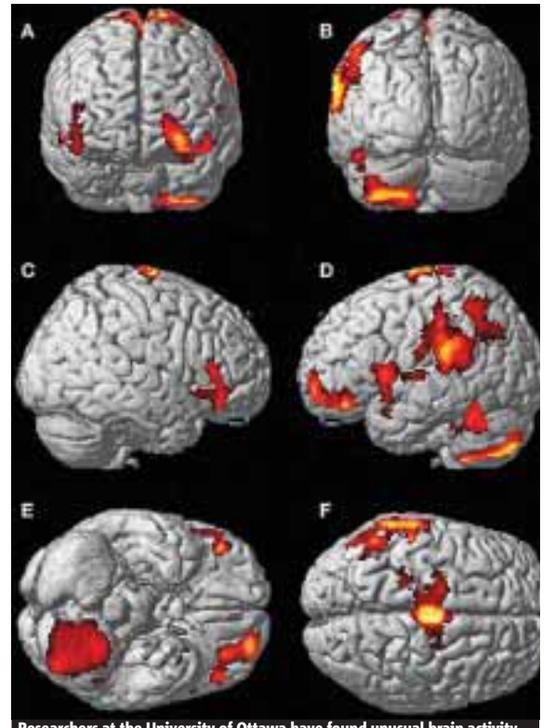
## Bieber a no-show for first court date

Justin Bieber's lawyer Brian Greenspan talks to media outside court as Bieber fans look on in Toronto on Monday. The roughly two dozen Bieber fans were left heartbroken when the teen heartthrob did not show up for his first court date. The pop star faces assault charges relating to an alleged incident involving a limo driver in December of last year. CHRIS YOUNG/THE CANADIAN PRESS

# Out-of-body experience finds a safe landing pad in science

**U of O.** Researchers conducted a study on a woman who can voluntarily have an out-of-body experience

LUCY SCHOLEY
lucy.scholey@metronews.ca




Researchers at the University of Ottawa have found unusual brain activity that could be linked to the feeling of an out-of-body experience. CONTRIBUTED

An out-of-body experience might sound like something from a paranormal movie or a religious cult, but a pair of researchers from the University of Ottawa have the science to back the curious case.

Claude Messier and Andra Smith conducted a study on a woman who can voluntarily have an out-of-body experience. It had become common practice for the 24-year-old, who said she started doing it when she was a child to help her fall asleep.

Messier and Smith conducted functional MRI scans of the woman while in this state and found that there's brain activity linked to the feeling of being lifted out of one's body or seeing one's body while outside of it. They had her imagine she was doing jumping jacks or roll over while in this out-of-body state.

Normally, when one imagines doing jumping jacks, both sides of the brain are active. But in this woman's out-of-body state, the scanned images showed activity predominately on the left side of the brain.

"That was a cue to us that we were just doing something different than just regular imagery," said Messier.

"It was a bit of a surprise and we certainly didn't expect anything special," he said, adding that they tested her twice. "We were a bit unsure, skeptical, that this was actually happening."

This woman was an interesting case, said Messier, because most people have out-of-body experiences following a traumatic event or drug use. While typically frightening — especially for those experiencing them for the first time — this woman was able to do it on her own terms.

Since this study was published, Messier said he's heard from other people who say they can voluntarily have out-of-body experiences. He's also seen blog articles that link this study to religion or paranormal activity, but he said those are misleading.

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience," he said.

**Quoted**

**"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience."**

Claude Messier, a researcher at U of O

**Research**

**Most people have out-of-body experiences following a traumatic event or drug use.**

- These experiences are typically frightening — especially for those experiencing them for the first time.

# Heroin a 'public health crisis.' First responders should carry antidote: U.S. attorney general

U.S. Attorney General Eric Holder on Monday called an increase in heroin-related deaths an "urgent and growing public health crisis" and said first responders should carry with them a drug that can reverse the effects of an overdose.

The video message posted on the Justice Department's website reflects the federal government's concern about the growing prevalence of heroin and prescription painkillers. The number of overdose deaths involving heroin increased by 45 per cent between 2006 and 2010, according to the White House Office of National Drug Control Policy.

"Addiction to heroin and other opiates, including certain prescription pain-killers, is impacting the lives of Americans in every state, in every region, and from every background and walk of life — and all too often, with deadly results," Holder said in the message.

His public support for an antidote that could be used to rescue overdosing drug users mirrors the position of the White House drug policy office, which has also urged all first responders to have the medication on hand. At least 17 states, including Washington, D.C., allow naloxone — commonly known by the brand name Narcan — to be distributed to the public, and bills are pending in some states to increase access to it.

Advocates say Narcan, which comes in a spray and injectable form, has the potential to save many lives if administered within a certain window. But critics fear that making the antidote too accessible could encourage drug use.

THE ASSOCIATED PRESS

**Quoted**

**"Confronting this crisis will require a combination of enforcement and treatment. The Justice Department is committed to both."**

U.S. Attorney General Eric Holder

**Barrie, Ont.**

## Mom arrested for allegedly getting child to steal

A woman is facing charges after allegedly distracting a cashier so her young child could steal items from a store. Police in Barrie, Ont., say an eight-year-old was pushing a shopping cart loaded with $1,500 worth of power tools out to a waiting taxi, while the mother was distracting store staff. Investigators say the woman was arrested and the child was sent home in the taxi.

THE CANADIAN PRESS

**10.7 billion trips**

## Public transit booming in U.S.

Americans are boarding public buses, trains and subways in greater numbers than any time since the suburbs began booming. Nearly 10.7 billion trips in 2013, to be precise — the highest total since 1956, according to ridership data reported by transit systems nationally and released Monday by the American Public Transportation Association.

THE ASSOCIATED PRESS

# Pistorius trial continues with graphic testimony about girlfriend's wounds

**Pretoria.** Amputee athlete vomits in courtroom as Reeva Steenkamp's gunshot wounds are described

Oscar Pistorius buries his head in his hand as he listens to questioning during his trial Monday in Pretoria, South Africa, regarding the events surrounding the shooting death of his girlfriend Reeva Steenkamp. BONGIWE MCHUNU/THE ASSOCIATED PRESS/POOL

Oscar Pistorius vomited in the dock and retched repeatedly and loudly at his murder trial Monday as he heard graphic details of the injuries sustained by the girlfriend he shot, including a head wound that was probably instantly fatal, according to the pathologist who performed her autopsy.

Reeva Steenkamp was shot with bullets designed to expand on impact and cause maximum damage, Prof. Gert Saayman testified after he identified the type of bullet from fragments in Steenkamp's skull.

Saayman also gave his expert opinion on how long before she died Steenkamp last ate, by the food contents in her stomach. He estimated that it wouldn't have been more than two hours before she died. That appeared to contradict Pistorius's version that suggests the couple had eaten and were in bed by 10 p.m. Steenkamp was shot after 3 a.m.

Saayman's testimony was not broadcast or reported live on Twitter by journalists because of its explicit content under an order from Judge Thokozile Masipa. However, journalists were allowed to report the testimony without directly quoting the witness's words.

As the double-amputee runner, hunched over on a bench, vomited as he heard the description of Steenkamp's wounds, Masipa briefly halted the testimony to ask chief defence lawyer Barry Roux to attend to his client.

The judge also asked whether Pistorius was able to understand the proceedings. Roux said Pistorius's reaction was not going to change. A bucket was placed at his feet.

After court adjourned for the day, Pistorius sat for a few minutes with his hands over his ears and his body heaving and bent forward as his brother held a hand on his back.

Pistorius, the first amputee to run in the Olympics, is charged with premeditated murder for the shooting death of 29-year-old Steenkamp before dawn on Feb. 14, 2013.

Pistorius, 27, says the killing was accidental because he thought his girlfriend was a dangerous intruder when he shot her through the door of a toilet cubicle in his home.

THE ASSOCIATED PRESS

# Snowden speaks at SXSW tech conference

NED EHRBAR
Metro World News in Hollywood

A screengrab of NSA leaker Edward Snowden. CONTRIBUTED

NSA leaker Edward Snowden called for public oversight of U.S. intelligence programs during a web-streamed speech at SXSW Interactive Monday, one of the most anticipated segments of the technology conference. Snowden, appearing remotely from Russia where he remains in exile, urged attendees to take more control over how the various intelligence agencies interact with citizens. The speech marked the first time Snowden has addressed U.S. citizens directly since going into exile.

"South by Southwest and the tech community, the people in the room in Austin, they're the folks who can fix this," Snowden said. "We need public oversight, some way for trusted public figures to advocate for us. We need a watchdog that watches Congress, because if we're not informed, we can't consent to these policies."

When asked by an attendee if he had any regrets about his decision to leak classified NSA documents, Snowden replied that he would "absolutely" do it again.

"Regardless of what happens to me, this is something that we had the right to do," he said, a copy of the U.S. Constitution serving as his backdrop. "I took an oath to support and defend the Constitution. And I saw the Constitution was being violated on a massive scale."

While the speech drew generally positive responses from the crowd, it had been preceded by criticism and controversy, with Rep. Mike Pompeo urging the conference in an open letter to cancel the event, calling Snowden a traitor and common criminal.

Snowden's speech was viewed by 3,000 conference attendees filling the main auditorium at the Austin Convention Center. Two overflow rooms had been set up by the conference, with the speech also streamed live by the Texas Tribune.

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## New research. Elephants can discern among languages, gender: Study

Wild elephants can distinguish between human languages, and they can tell whether a voice comes from a man, woman or boy, a new study says.

That's what researchers found when they played recordings of people for elephants in Kenya. Scientists say this is an advanced thinking skill that other animals haven't shown. It lets elephants figure out who is a threat and who isn't.

The result shows that while humans are studying elephants, the clever animals are also studying people and drawing on their famed powers of memory, said study author Karen McComb.

"Basically they have developed this very rich knowledge of the humans that they share their habitat with," said McComb, a professor of animal behaviour and cognition at the University of Sussex in England.

The study was released Monday in the Proceedings of the National Academy of Sciences. THE ASSOCIATED PRESS

A wild elephant in Amboseli National Park in Kenya reacts to sound played by scientists in experiments that show they can distinguish between human languages and genders. GRAEME SHANNON, UNIVERSITY OF SUSSEX/THE ASSOCIATED PRESS

Florida

### Injured skydiver plans to jump again

A skydiver injured when a small plane crashed into him in Florida says he'll jump again as soon as he feels safe.

Forty-nine-year-old John Frost told ABC's Good Morning America in an interview that aired Monday that he's sore and has some bruises, but no broken bones.

On Saturday, his parachute got entangled with an aircraft piloted by 87-year-old Shannon L. Trembely.

Officials say Trembely was doing takeoff and landing manoeuvres in his Cessna near the South Lakeland Airport when he encountered Frost on his third landing pass. They were about 23 metres above the ground.

Trembley's Cessna nose-dived into the ground. Frost was also tossed to the ground. Both men were taken to the hospital but escaped serious injury. THE ASSOCIATED PRESS

## Under watch. U.S. plans to monitor workers with security clearances

Stung by internal security lapses, U.S. intelligence officials plan to use a sweeping electronic system to continually monitor workers with secret clearances, current and former officials told The Associated Press.

The system is intended to identify rogue agents, corrupt officials and leakers and draws on a Defence Department model under development for more than a decade, according to officials and documents reviewed by the AP.

Intelligence officials have long wanted a computerized system that could monitor employees, in part to foil leakers like former National Security Agency analyst Edward Snowden, whose revelations bared massive U.S. surveillance operations. THE ASSOCIATED PRESS

People hold a banner and candles during a candlelight vigil in Kuala Lumpur, Malaysia, on Monday for passengers aboard the missing plane. LAI SENG SIN/THE ASSOCIATED PRESS

# Missing plane: Travel agents questioned

### Malaysia Airlines. Search effort widened to find the vanished jet

Authorities questioned travel agents Monday at a beach resort in Thailand about two men who boarded the vanished Malaysia Airlines plane with stolen passports, part of a growing international investigation into what they were doing on the flight.

Nearly three days after the Boeing 777 with 239 people on board disappeared en route from Kuala Lumpur to Beijing, no debris has been seen in Southeast Asian waters.

Five passengers who checked in for Flight MH370 didn't board the plane, and their luggage was removed from it, Malaysian authorities said. Malaysian Transport Minister Hishammuddin Hussein said this also was being investigated, but he didn't say whether this was suspicious.

The search effort, involving at least 34 aircraft and 40 ships from several countries, was being widened to a 185-kilometre radius from the point the plane vanished from radar screens between Malaysia and Vietnam early Saturday with no distress signal.

Possible causes of the apparent crash include an explosion, catastrophic engine failure, terrorist attack, extreme turbulence, pilot error or even suicide, according to experts, many of whom cautioned against speculation because so little is known. THE ASSOCIATED PRESS

**At a glance**

- Two of the passengers were travelling on passports stolen in Thailand and had onward tickets to Europe, but it's not known whether the two men had anything to do with the plane's disappearance.
- The stolen passports, one belonging to Christian Kozel of Austria and the other to Luigi Maraldi of Italy, were entered into Interpol's database after they were taken in Thailand in 2012 and 2013, according to police.

Aviation security

### *Missing jet exposes gaps in passport control measures*

When you travel, airport security agents may pat you down, inspect your deodorant and scan your body from head to toe. But there's a good chance that no one's checking whether you're using someone's lost or stolen passport.

A gaping, if little-known, loophole in international aviation security came into broader view Sunday when the international police agency Interpol said its computer systems had contained information on the theft of two passports that were used to board an ill-fated Malaysia Airlines flight — but no national authorities had checked the database.

Largely unheeded, Interpol has long sounded the alarm that growing international travel has underpinned a new market for identity theft and bogus passports have lured many people: Illegal immigrants, terrorists, drug runners, pretty much anyone looking to travel unnoticed.

It's not known whether stolen passports had anything to do with Saturday's disappearance of the Boeing 777 bound from Kuala Lumpur, Malaysia, to Beijing with 239 people on board. But such oversights aren't new — and Interpol hopes national authorities will "learn from the tragedy." THE ASSOCIATED PRESS

# Black Twitter gains followers online and IRL

**Trending.** The modern twist on the barbershop 'brings the fullness of black humanity into the social network'

Black Twitter offers self-expression online, 140 characters at a time. THE ASSOCIATED PRESS

When a U.S. jury convicted Michael Dunn of attempted murder, but not actual murder, in the shooting death of a black teenager, the hashtag #dangerousblackkids popped up on Twitter. Users posted photos of black babies and toddlers, making fun of the fear that Dunn testified he felt before opening fire on a car full of teens at a convenience store.

That hashtag was the calling card of Black Twitter, a small corner of the social media giant where an unabashedly black spin on life gets served up in 140-character instalments.

Black Twitter shares opinions on everything from President Barack Obama to the latest reality TV show. But Black Twitter can also turn activist quickly.

"Black Twitter brings the fullness of black humanity into the social network, and that is why it has become so fascinating," said Kimberly C. Ellis, who has a doctorate in American and Africana Studies, tweets as @drgoddess and is studying Black Twitter for her upcoming book, The Bombastic Brilliance of Black Twitter.

According to a Pew Research Center report, while similar numbers of blacks and whites use the Internet — 80 per cent and 87 per cent, respectively — 22 per cent of those blacks who were online used Twitter in 2013, compared with 16 per cent of online whites.

THE ASSOCIATED PRESS

**Come to where the controversy is. Come to vapers country.**

A patron exhales vapour from an e-cigarette at the Henley Vaporium in New York City. The proprietors are peddling e-cigarettes to so-called "vapers," a growing movement of enthusiasts that now includes celebrity fans and YouTube gurus, online forums and vapefests around the world. In just eight years or so, the number of vapers has grown from a few thousand to millions, in large part because of the still-controversial belief that e-cigarettes are safer than tobacco. FRANK FRANKLIN II/THE ASSOCIATED PRESS

## Market Minute

**DOLLAR** 90.08¢ (-0.09¢)

**TSX** 14,302.06 (+2.98)

**OIL** $101.12 US (-$1.46)

**GOLD** $1,341.50 (+$3.30)

**Natural gas:** $4.66 US (+$0.04)
**Dow Jones:** 16,418.68 (-34.04)

## Peeling back profits

### World has new top banana: Fyffes and Chiquita merge

Chiquita of the United States and Fyffes of Ireland have agreed to merge to create the world's biggest banana supplier. THE ASSOCIATED PRESS

# Péladeau too close to press?

The day after media tycoon Pierre Karl Péladeau's plunge into provincial politics, he's earning considerable praise in the pages of Quebec's most-read newspaper — one he happens to own.

Columns in the flagship paper of Péladeau's empire described the Parti Québécois candidate as a magnificent catch, a game-changer for Premier Pauline Marois and bad news for supporters of Canadian unity.

Several opinion writers in Monday's Le Journal de Montréal also said Péladeau delivers instant credibility to the pro-independence PQ as it tries to beef up its economic chops.

Péladeau stunned the province Sunday by announcing he would run alongside Marois to help the PQ win a majority mandate in the April 7 election.

Pierre Karl Péladeau THE CANADIAN PRESS

The media baron's new career is raising concerns about his media company's influence on political coverage in Quebec — even though Péladeau has resigned as vice-chairman of Quebecor Media Inc.

He's insisted his media outlets would maintain independent coverage.

Péladeau says he will retain his ownership stake in the company and place his investments in a blind trust.

Monday's Le Journal de Montréal featured a front-page photo of Péladeau and a half-dozen columns that discussed Péladeau's high-profile candidacy.

Michel Hébert wrote in a column titled, "Péladeau says Yes!" that Marois' manoeuvre to land him was "a masterful coup!" THE CANADIAN PRESS

# Loblaws hooks a new salmon

Grocery giant Loblaws will be the first retailer in North America to sell a new type of responsibly farmed salmon, an offering it hopes will differentiate itself amid intense competition from its grocery rivals.

Loblaws, which is also the country's largest biggest buyer and seller of seafood, said the decision to stock Atlantic salmon certified by the Aquaculture Stewardship Council (ASC) will give customers more choice when selecting responsibly farmed fish.

The ASC is an independent, not-for-profit organization based in the Netherlands that certifies responsible seafood farms, processors and distributors around the world that produce Atlantic salmon, Arctic char, shrimp, mussels and oysters.

Melanie Agopian, senior director of seafood sustainability with the supermarket chain, said only one Atlantic fish farm in Norway has been approved by the group, which introduced the standards late last year.

"We are excited to bring this market to Canada," she said.

Currently, ASC-approved farmed Atlantic salmon is only sold in Japan and Europe.

The B.C. Salmon Farmers Association says a number of Canadian farms have achieved sustainability certification through other agencies, with three fish farms aiming to achieve ASC standards by 2020.

THE CANADIAN PRESS

# THERE SHOULDN'T BE AN APP FOR THAT

SHE SAYS

**Jessica Napier**
metronews.ca

Are you a terrible boyfriend? Well guess what, now there's an app for that.

The newly released BroApp promises to deliver an automated message to your girlfriend once a day so you can spend more time with your "bros." That's right, digitally savvy dudes, you can now outsource your relationship to your cellphone for the bargain price of just $1.99.

Users have the option to craft their own customized sweet-nothings or select from a pre-programmed list of grammatically incorrect and cringe-worthy greetings such as "Hi darl, how did you go today?" and "Hey babe, what's doing with you today?"

I'm sorry, but are we to assume that the modern man is so incredibly inept at multitasking that he can't remember to take 10 seconds out of his bro-filled day of fist-bumping and beer-chugging to show some affection towards the person he is romantically interested in? Seriously?

Presumably a "girlfriend" is someone with whom you'd like to cultivate a meaningful emotional and physical relationship. If this is a woman you'd like to share your life with, go to dinner with and have sex with, shouldn't you at least have the decency to communicate with her directly rather than relying on some sort of digital proxy to do it for you?

Furthermore, do the tech wizards over at BroApp presume the girlfriends of the world are so insecure that they just can't bear to go more than 24 hours without hearing from their man?

Spoiler alert, guys: Women aren't just sitting around brushing our hair and waiting for you to finish hanging out with your buddies so you can lavish us with attention. We actually have a lot of stuff going on: jobs to do, people to see, Pilates classes to attend and Netflix shows to binge-watch. Sure it'd be nice to receive a sweet text message from you during the day, but we're not desperately clutching our phones and waiting with bated breath for you to grace us with a lacklustre "Sup?"

There's no faking sincere dialogue and there's a good chance your girlfriend is going to be able to tell the difference between a hand-crafted message from her human boyfriend and BroApp's impersonal scripted greetings.

Checking in with your significant other isn't an annoying chore to contract out to a computerized mobile wingman. So if you're actually considering taking the time to download this app and hand-pick your preferred lazy-boyfriend messages, then for goodness' sake just pick up the phone and have an actual conversation.

Or better yet, use that $1.99 to take your lady friend out for a cup of coffee and engage in some old-fashioned face-to-face communication.

Follow Jessica Napier on Twitter @MetroSheSays

## ZOOM

# Anyone want to retweet this?

ZSL LONDON ZOO/REX

### Lemur gets into selfie craze

It certainly seems that 2014 is set to be the year of the selfie, as this lemur poses for a cheeky picture at the London zoo. Bekily, a 12-year-old, ring-tailed lemur, was clearly out to take the Twitter crown for most retweets from Ellen DeGeneres, who posted the star-studded Oscars selfie. METRO

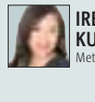
### 'He grabbed the camera lens'

"We're always taking quick pics of the animals we look after — as with workmates this is cute — but Bekily definitely wanted to get in on the action himself this time," says keeper Tegan McPhail. He adds: "As I was snapping away, he grabbed the camera lens and pulled it towards his own face." METRO

**Other selfie moments**

- **Barack Obama.** The U.S. president caused controversy following his selfie with British PM David Cameron and Danish PM Helle Thorning-Schmidt at the Nelson Mandela memorial service.
- **Kim Kardashian.** The star showed she was back to her booty-shaking best after giving birth to North West in June.
- **David Cameron.** The prime minister was mocked for his "serious selfie" that pictured him on the phone to Barack Obama.

**Clickbait**



IRENE KUAN
Metro Online

**Love doing your nails but hate painting on a colour only to regret it? On top of wasting time, it can also be a pricey habit, with professional manicures running upwards of $30. Here are some free apps for beauty buffs to have a virtual manicure before shelling out the big bucks at a salon.**

ISTOCK IMAGES

### Nail Maker: Virtual Manicure:

**This app is like a real nail salon, where you can clip, buff, polish and decorate your nails virtually. You start with choosing your skin tone, and then start playing with different colours, gems and art pens. Once you're done, clean up with polish remover and start again.**

### Virtual Nail Salon by ModiFace:

**Try on real-life nail polish colours, patterns and rings with this app. You can even create a customized nail polish pattern by uploading a photo.**

**Twitter**

**@metropicks asked: .@strombo will host @hockeynight next season. What is your first reaction? #HNIC #HNICstrombo**

**@AllanSorensen:** don't care what broadcaster absorbs @strombo, so long as it puts an end to one of the most shameful episodes in CBC history

**@KeightyEm:** Just when you weren't sure it was possible... hockey got sexier.

**@Smugshot:** would have preferred Rick the temp

**@policyfrog:** I like Strombo just fine, but I'm still going to wince the first time he ironically wears a powder blue sport coat on air.

**@Mel_Brown:** I'm thrilled if it means Don Cherry is gone! :)

**@Glenn_A_Johnson:** As a former journo and broadcaster, I admire his invu skills. He will bring a touch of hip.

**@MyNewsStop:** Its great! Strombs is pure Canadian & a sincere personality. He is a great fit #HNICstrombo

**@laneyj19:** Ppl should start learning how to spell and pronouce his name now!

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DVD review

## Inside Llewyn Davis

**Directors.** Joel Coen, Ethan Coen

**Stars.** Oscar Isaac, Carey Mulligan, John Goodman

The Coen Bros.' uncanny evocation of the 1961 New York City folk music scene, starring Oscar Isaac as a striving troubadour, makes for a wistful, wryly humorous and unforgettable film. The whims of fate and vagaries of artistic success have never been so clearly defined, or so musically.

Isaac is the title folkie, loosely based on the late Dave Van Ronk, who doesn't know a hurricane named Bob Dylan is about to shake up not only his narcissistic existence but also the entire music scene.

Actor/singer Isaac gets fine support from Carey Mulligan as a woman wronged, John Goodman and F. Murray Abraham as splashes of cold water to half-lidded eyes, and a persistent tabby that is one cool cat.

It was my pick for the best film of 2013. And there's a great soundtrack, produced by T Bone Burnett. Extras include a making-of featurette and the feature-length concert film Another Day, Another Time: Celebrating the Music of Inside Llewyn Davis. **PETER HOWELL**

# YA has got it Half Bad and that's good for new author

**Working its magic.**
Debut novel that bucks futuristic dystopian trend casts potent spell

**EMILY LAURENCE**
Metro World News

Before its release last week, Sally Green's book Half Bad had already been sold in 45 countries, turned into a trilogy and optioned for a movie being produced by Karen Rosenfelt, who was responsible for Twilight, The Book Thief and Percy Jackson: Sea of Monsters. Oh, and it's her first book.

If you're already completely over The Hunger Games and need something to hold you over until Divergent hits theatres, this is it.

Half Bad is about a 16-year-old boy named Nathan who lives in a cage and is being trained to kill. Living among humans are witches — some purely good and some horrendously evil — with Nathan's father being the worst of the worst. To survive, Nathan needs to escape his keepers, find his father and receive three gifts that will bring him his own magical powers.

Bucking the trend of YA novels set in a futuristic dystopian time, Half Bad is set in modern-day England. "The book is (dystopian) in a way, but to be honest I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16," Green tells us. "It wasn't in my mind about what the market needed or didn't need."

Interestingly, when Green began writing she had a very different novel in mind: "Initially, it was a completely different story about a girl who didn't know she was a witch." She did, however, always plan on writing a trilogy. "My original idea was for the White Witches to be assumed good and Black Witches assumed to be bad.

"Originally, I had Nathan living in a White Witch world in book one and you would think the White Witches were going to be good. When you move to book two, the Black Witch world, you see the witches in an entirely new way. And then the third book would tie it all together. But actually, it didn't work out like that," Green reveals.

As far as the movie goes, Green guesses the cast will be mostly unknown actors, although she has two dream people in mind: "To play Marcus, I would love George Clooney, but it would be the mean George Clooney, like in From Dusk Till Dawn. And Gabriel, the Black Witch that appears in the end of the book, is definitely Aidan Turner, who was in the latest Hobbit movies. He's gorgeous," she says.

Green is at work on the second book, which she says is much more daunting than writing the first. "I didn't even know the first one was going to be published. I was writing it mainly for myself," she says. "Now I have a deadline and an audience that I have to keep happy. The blank page in the beginning (for the second book) was a bit nerve-wracking. I was in a bit of a panic to get the first words down," she says. "After the first 10,000 words, then I relaxed into it."

Debut YA author Sally Green. CONTRIBUTED

Set in modern-day England

**"I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16."**
Sally Green, author of Half Bad

# Rodriguez aiming to be TV king

**El Rey.** Multi-talented filmmaker aims to give it to the viewer straight with his new television network

**Quoted**

**"I've had people tell me, 'You just bypassed the whole system! It's an insurrection.' But it makes sense."**

Robert Rodriguez, filmmaker, producer, writer, musician and creator of El Rey

In the past year, Netflix, with its online, all-at-once D.C. thriller House of Cards, has jolted the medium we used to know as "television."

Now TV could be rocked by another game changer. Say hello to Robert Rodriguez, who, down in the Lone Star State at his aptly named Troublemaker Studios, is ready to rewrite some more rules. It's not just that Rodriguez, a prolific, much-admired filmmaker, has recently launched a TV network. Cable networks with a big name attached (remember Oprah Winfrey's?) don't inevitably rock the world.

But El Rey, Rodriguez's gift to the 500-channel universe, could prove radically different. And disruptive. Here's a channel spawned by a demonstrated, multifaceted auteur; a boutique network that could leverage its founder's rambunctiously personal vision into a mainstream outlet carrying a chorus of other independent voices.

The revolution, if that's how it turns out, could be sparked by El Rey's first scripted original, From Dusk Till Dawn: The Series, which premieres Tuesday night. (El Rey is now available in 40 million TV homes.)

This supernatural crime series is a reimagining of his 1996 cult classic of the same name written by Robert Kurtzman and Quentin Tarantino with a cast including George Clooney and Salma Hayek. The series (Rodriguez is directing several of the 10 episodes) centres on the brutish bank-robbing Gecko brothers (played by D.J. Cotrona and Zane Holtz), who are sought by a pair of Texas Rangers (Don Johnson and Jesse Garcia) after a bank heist leaves several people dead. The brothers flee to Mexico and take refuge in a stripper bar. But the bar turns out to be the lair of vampires.

D.J. Cotrona as Seth Gecko in a scene from From Dusk Till Dawn: The Series, premiering Tuesday on the El Rey Network. EL REY NETWORK

Judging from the premiere, made available for preview, this could be a fascinating ride. But it's just the beginning, Rodriguez said. El Rey is billed as a channel for young men "and what we call 'kick-ass females,'" he said during a chat far removed from his Austin, Tex., headquarters as snowflakes fell outside a mid-Manhattan restaurant. El Rey has also been described as an English-language network catering to Latino viewers and a general audience that might not even realize it has a Spanish name.

But what Rodriguez seems to really have in mind is much more basic: a network that programs stuff he gets off on (whether masterminded by him or by others), aimed at any viewer who shares his cool wavelength — or might be ready to take the plunge into this culture.

"I don't really want the network to be niche," he declared. "With us doing a show like Dusk Till Dawn, people say, 'Is that the kind of shows you'll be doing?' But our next (original) series will be a little broader."

That series is Matador, created by Roberto Orci and Alex Kurtzman (Sleepy Hollow, Fringe). It focuses on a globe-trotting soccer champ and playboy who, unbeknownst to his adoring public, is also a top-secret CIA operative. It's set for a July debut.

THE ASSOCIATED PRESS

**About Rodriguez**

- **How he got started.** Rodriguez may be a TV newcomer, but this 45-year-old Texan, the son of Mexican-American parents, has always worked outside the system, beginning two decades ago with the film El Mariachi. It was made for $7,000 US and became a Sundance Film Festival winner.
- **Versatility.** With his newest undertaking as El Rey Network chairman, Rodriguez, looking very un-chairmanlike in jeans and leather jacket, has stuck to his practice of wearing many hats. As the need arises, he's a producer, director, screenwriter, cinematographer, editor and musician. He even shoots the photos for his films' poster art.
- **Achievements.** As a mega-multi-hyphenate, Rodriguez created the Spy Kids franchise, Sin City, The Adventures of Sharkboy and Lavagirl in 3-D, Grindhouse and Machete, among his many films.

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# Enter the lives of Brady and his Five Wives

**Full house.** Newest Utah polygamous family featured on reality TV says that going public has been a relief

Brady Williams and his wives, from left, Paulie, Robyn, Rosemary, Nonie and Rhonda in Salt Lake City. THE ASSOCIATED PRESS

Brady Williams and his five wives were a bit apprehensive ahead of the airing of a pilot episode in September, but they said this week an interview with The Associated Press that it was a relief to be open about who they are and what they believe.

"It really is like coming out of the closet," said Brady Williams, 43. "It's very liberating."

His wives feel the same way, including his second, Robyn Williams, 40, who said: "I feel more free to just be who I am and not be so afraid."

Their nine-episode reality show, My Five Wives, is airing Sundays on TLC. It chronicles the life of Brady Williams, his five wives and their 24 children who live in a small rural community outside of Salt Lake City dominated by a branch of the fundamentalist Mormon church.

The family once belonged to the group, known as the Apostolic United Brethren, but withdrew during the mid-2000s after re-evaluating their core beliefs. Now, they practice polygamy not because they think they must to get to heaven, and avoid hell, but because they prefer the lifestyle.

Their show begins airing in a social and political climate that has softened significantly toward plural families in recent years. A federal judge in Utah struck down key parts of the state's polygamy laws in December, marking a victory for the Williams and hundreds of other polygamous families in the state. The ruling decriminalizes polygamy, making only bigamy — holding marriage licenses with multiple partners — illegal.

The family that brought that lawsuit against the state of Utah, Kody Brown and his four wives from TLC's Sister Wives, is credited with helping create greater acceptance for plural families. Their show, which debuted in 2010 with footage of the family at their house in northern Utah, was groundbreaking in demonstrating to viewers across the country that not all polygamists are child predators like Warren Jeffs, the imprisoned leader of a polygamous sect on the Utah -Arizona border.

The Williams family members said they don't expect viewers to be surprised by much, other than maybe how similar they are to non-polygamous families. It's normal times five, the family jokes. Viewers will see tears, joy and quarrels, they said. TLC is banking on viewers being fascinated by the unique dynamics of a plural family: regular family sit-down meetings among the adults where Brady Williams follows an agenda written on a notepad; side-by-side multiplexes where they live; and nightly family dinners where the children line up like kids in a school cafeteria to get their food.

Then there's the always-intriguing dynamic among the wives who share a husband. In the first episode, Brady Williams suggests the women work out their issues directly with one another rather than always coming to him, only to see it lead to hurt feelings and shouting.

Among the topics discussed by the family during the season is a possible move out of Utah, maybe even to Washington state. The Browns of Sister Wives fled Utah for Las Vegas after their show aired under the threat of prosecution from a county official. The Williams aren't terribly worried about that happening to them, as long as the recent court ruling stands. THE ASSOCIATED PRESS

**Quoted**

**"It really is like coming out of the closet. It's very liberating."**

Brady Williams, polygamist and star of My Five Wives

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Moss reveals her marriage to Portlandia star Fred Armisen was 'traumatic'*

PAT HEALY
Metro World News in Boston

Mad Men star Elisabeth Moss, 31, really, really, really (and we mean "really") wasn't a fan of her eight-month marriage to Portlandia star Fred Armisen, 47.

"Looking back, I feel like I was really young, and at the time I didn't think that I was that young," Moss said of her relationship with Armisen in her new cover story with New York Magazine. The two divorced each other in 2010. "It was extremely traumatic and awful and horrible," she noted.

Add that to the time she said this about Armisen last year — "One of the greatest things I heard someone say about him is, 'He's so great at doing impersonations. But the greatest impersonation he does is that of a normal person'" — and, well, we don't have to ask her what she really thinks about the whole affair. At least we hope the wedding presents were cool?

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## Efron looks forward to a High School reunion

Zac Efron

Zac Efron isn't about to shy away from his High School Musical roots.

In fact, while his career has clearly grown past the Disney franchise that launched him, Efron reveals that he and his fellow castmates are up for a reunion.

"We're all thinking about it," he tells E! News.

"I continue to see all the guys from High School. Every time we do, there's just this look between us. It's so cool because we never forget a single moment of that experience. It brings you right back to those days."

## Why Aniston won't up the world's selfie quotient

Photos of Jennifer Aniston are pretty common, but one thing is for sure: They'll always be shot by someone else, as the former Friends star is definitely not a fan of selfies. "I don't understand them," she tells Self magazine, a magazine title which predates popular culture's embracing of the term "selfie," and a magazine decidedly not dedicated to that form of expression. "I feel like there's enough out there. Why add to it?" And while she's perfectly comfortable in her own skin, she does have some ideas just in case she's ever allowed to trade bodies with someone else. "I'd love to be able to ski like a crazy person, like Lindsey Vonn," she tells the magazine. "Then I'd also like to have Gisele Bündchen's body, just because, why not?"

Johnny Weir and Tara Lipinski. ALL PHOTOS: GETTY IMAGES

## Is the Golf Channel ready for Johnny and Tara?

With their sassy, on-point figure skating commentary, drool-worthy couture and adorable Instagram posts (they love to spoon!), Johnny Weir and Tara Lipinski took the Olympics by storm — again.

"I think we were both happily surprised (by the attention)," Lipinski told Metro at a kickoff for the Paralympic Winter Games in New York City. "We were the rookies and we had to prove ourselves, so it was really nice to come home and see the reception that we got."

The pros were "in a bubble" during their time in Sochi, Weir says, so they didn't really know about the positive reaction to their work until they returned home.

"We didn't think anyone was watching, and there's a brilliance to being a bit naive to what's going on," he says. "It's very liberating."

And figure skating's most fabulous duo have no plans to slow down now. The two did Oscars coverage for NBC and hope to be commentators at the Winter Olympics four years from now ("We'll have to see," Lipinski says). They're also ready and willing to offer their insight on other matters.

"We have an opinion about everything," Weir says. "Despite being figure skaters and knowing what we're talking about specifically, we've got opinions on a lot. So show us VMAs. Show us Golf Channel. Show us the Kentucky Derby (or) Toddlers and Tiaras."

Eva Mendes

## Mendes is on a mission to prove she's mama material

Eva Mendes is reportedly working hard to convince boyfriend Ryan Gosling that it's time to start a family, according to Radar Online. And part of her campaign apparently involves quality time with friends who already have kids. "Eva is spending a lot of time with January and her two-year-old son, Xander," a source says of Mad Men star January Jones. "She's going overboard with her supportive relationship with January, who has her hands full as a young mother at the moment. Eva seems obsessed with proving to Ryan that she's ready to start a family."

For your phone

## UP Coffee (iPhone, free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Avoiding caffeine in the evening can lead to a better sleep at night.

This informative tracker covers all caffeine-related foods to help you work out an ideal cut-off time.

Half-off

**Elisha has been feeling a little bored with her exercise program, but is that going to keep her from moving more? Visit metronews.ca/voices/half-off to find out.**

# The secret life of cheap and nutritious meals

The biggest backlash Christy Brissette, registered dietitian with Dietitians of Canada, hears is that it is too expensive to eat healthy. She set off on a treasure hunt through the grocery store to prove that a family of four can eat three full, healthy meals for under $40. For more ideas, visit cookspiration.com

THERESA ALBERT myfriendinfood.com

## Breakfast: Oats

• Oats are high in soluble fibre, which helps to lower bad cholesterol, keeping your blood sugar more stable.

• Best Breakfast: Power Oats. Cook 1/2 cup oats with 1 cup of milk or alternative, add grated apple, 2 tablespoons of peanut butter and 2 tablespoons of raisins.

## Lunch: Frozen cauliflower

• This year's hottest vegetable, cauliflower, may help reduce cancer risk,

• Cleaned, chopped and flash frozen, it is as simple as it is nourishing.

• Quick lunch tip: Greek Pasta Salad with Chicken and Cauliflower. Boil whole wheat pasta and add a handful of cauliflower for the final 2 minutes. Then drain and stir in shredded, roasted rotisserie chicken breast.

## Dinner: Dry bean mix

• Beans are high in fibre and a good source of vegetarian protein. They contain magnesium, which can help lower blood pressure.

• Dashing Dinner: Slow cooker chili. Sauté onion in slow cooker on high. Add pre-cooked dried beans, canned tomatoes, frozen corn, green pepper, mushrooms and chili powder; cook on low for 8 hours. Hollow out rolls and use as bread bowls. Grate cheese and sprinkle.

**Feed 4 for about $40**

**Here is a way to feed your family for $42.06.**

**Breakfast: Power Oats $5.07**
- Rolled oats (7 cents/serving) = 28 cents
- Apples (37 cents/serving) = $1.47
- Milk or milk alternative (50 cents/serving) = $2
- Peanut butter (20 cents/serving) = 80 cents
- Raisins (13 cents/serving) = 52 cents

**Lunch: Greek Pasta Salad $21.23 (with chicken)**
- Whole wheat or brown rice rotini (30 cents/serving) = $1.20
- Chicken breast ($2.80/serving) = $11.20
- Grape tomatoes (61 cents/serving) = $2.47
- Frozen cauliflower (22 cents/serving) = 88 cents
- Feta cheese ($1.37/serving) = $5.48

**Dinner. Bean Chili $15.76**
- Dry mixed beans (19 cents/serving) = 76 cents
- Canned tomatoes (32 cents/serving) = $1.28
- Frozen corn (22 cents/serving) = 88 cents
- Onion (15 cents/serving) = 60 cents
- Green bell pepper (80 cents/serving) = $3.20
- Mushrooms (50 cents/serving) = $2
- Whole grain roll (57 cents/serving) =$2.28
- Cheddar cheese (74 cents/serving) = $2.96

# Probiotics to the mental rescue — really

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Probiotics — they truly can help you be happy, healthy and slim. In the March-April issue of Best Health magazine, Melissa Greer writes about some of the incredible benefits of probiotics, "the friendly bacteria."

They are widely known to maintain a healthy digestive system. They also boost immunity and many health-care practitioners recommend you have them daily.

Now, researchers think some probiotics can also improve mental health—and they have even come up with a new term for them: Psychobiotics.

That's because they could produce a health benefit in patients suffering from psychiatric illness, specifically depression or other stress-related disorders.

According to Alan C. Logan, a Connecticut-based naturopathic doctor and co-author of Your Brain on Nature, probiotics help to balance gut microbiota — the bacteria inside our stomach.

"These bacteria do a lot but, most importantly, they protect the gut lining," he says.

An imbalance of gut microbiota (due to psychological stress or a high-fat, high-sugar diet, for example) can lead to intestinal permeability.

Why is that a bad thing? Because it means parts of the bacteria could pass through the gut lining and into your bloodstream, leading to low-grade inflammation. And that has been connected with obesity, disease — and mental health problems.

The beneficial probiotic strains, and those that are typically found in foods, are members of the lactobacillus and bifidobacterium families, says Logan.

A 2011 study monitored adults who were given either a probiotic product that included lactobacillus and bifidobacteria, or a placebo, every day at breakfast for 30 days. Those who consumed probiotics were found to have lowered stress and anxiety.

It may be unrealistic to expect that probiotics will replace medications in the treatment of depression. But the message for now is that probiotics not only help you avoid obesity and disease–in Logan's opinion, "although more research is needed, probiotics taken in conjunction with a healthy diet and exercise may benefit mental health."

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Study

## Happy thoughts lead to better food choices

Call it the happy meal diet.

A study conducted by Cornell University has found that a person's mood affects what kind and how much food a person consumes. The study was the subject of a paper called Better Moods for Better Eating?: How Mood Influences Food Choice, which was published in the Journal of Consumer Psychology.

"People use food to either maintain a good mood or regain a good mood," said Brian Wansink, a professor at Cornell and co-author of the paper in a release. If you're already in a good mood, you tend to eat more healthfully than if you're in a bad mood."

"Understanding why we make bad food choices in bad moods can help us make better choices," said Meryl P. Gardner, co-author and associate professor at the University of Delaware.

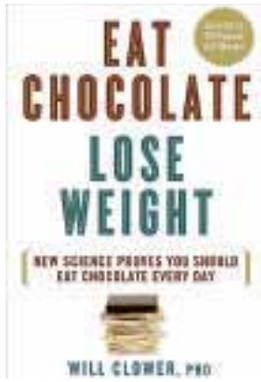
The authors suggest that people in a bad mood may have clouded vision, and may not realize what damage they are doing in the long haul when they overindulge on a given day.

"The takeaway of this study is you can change your mood and eat better. Before a snack or meal, think of something that makes you happy or grateful, and you'll eat less and better" said Wansink. ROBERT CRISCOLA, METRO WORLD NEWS IN NEW YORK CITY

# 'Pull your sweet tooth' and lose weight with chocolate

MAX PRINZ
Metro World News in New York City

A new book uses chocolate as a teaching tool to help stop overconsumption. ISTOCK




Dr. Will Clower's new book, Eat Chocolate, Lose Weight, claims you can reduce food cravings and learn better eating habits by incorporating a surprisingly healthy food: chocolate.

"Chocolate does a lot of good things for you," Clower says. "I have people eat the chocolate in association with meals. What I've seen is that, when it's applied this way, the overconsumption at the plate is reduced by about half."

The method uses chocolate as a teaching tool to help stop overconsumption. Eating chocolate the right way, as Clower describes, can lead to big diet changes. "The point is when you eat your chocolate to take your time, to let it sit on your tongue, to — and this sounds crazy — actually taste your food," Clower says. "It turns out that when you do that you get something called sensory specific satiety."

That result is a key part of ending overeating at meals. In addition, the chocolate aids in reducing cravings for foods high in sugar using a process Clower calls "pulling your sweet tooth." How is this done? It starts with something Clower calls the Horizontal Taste Test, which helps in adapting one's taste buds to darker chocolates, which have less sugar and more healthy antioxidants. The more cocoa in your chocolate, the better it is for you.

"Americans eat 140 pounds of sugar per person per year," Clower says. "That issue is a massive driver of health problems. So it becomes very important when you're eating your chocolate to use the chocolate to pull your sweet tooth."

Once your sweet tooth is gone, it becomes dramatically easier to make healthier decisions when it comes to eating. "When you pull your sweet tooth and adapt your taste in a direction of darker chocolate, what you find is you just don't have a craving anymore for 140 pounds of sugar," Dr. Clower says. "The things that [people] used to like become too sweet. And when that happens [people] don't want them anymore."

The benefits of chocolate aren't limited to weight loss. High-cocoa chocolate aids many other areas of a healthy lifestyle.

"[Antioxidants] can help to grow the vasculature within muscles," Clower says. "In other words, the little capillaries, little blood vessels, can grow into your muscles." This, in turn, can increase the amount of energy you have throughout the day, your time until exhaustion and your metabolic rate.

"The cascade from the physiological substructural effects all the way up into your life is huge," Clower says. "If you have more energy through the day you're more likely to move, you're more likely to be active. You're less likely to blow off your exercise routine."

The book also contains several different recipes to help beginners get cooking with cocoa. Clower is particularly partial to the book's chili, pecan brownies and dry rub for pork. It turns out you can have your chocolate and eat it too.

Experts are calling for a cigarette-free America. ISTOCK

# The future of butting out

Health officials have begun to predict the end of cigarette smoking in America.

They have long wished for a cigarette-free America, but shied away from calling for smoking rates to fall to zero or near zero by any particular year. The power of tobacco companies and popularity of their products made such a goal seem like a pipe dream.

But a confluence of changes has recently prompted public health leaders to start throwing around phrases like "endgame" and "tobacco-free generation." Now, they talk about the slowly-declining adult smoking rate dropping to 10 per cent in the next decade and to 5 per cent or lower by 2050.

Acting U.S. surgeon general Boris Lushniak recently released a 980-page report on smoking that pushed for stepped up tobacco-control measures. "I can't accept that we're just allowing these numbers to trickle down," he said, in a recent interview with the AP. "We believe we have the public health tools to get us to the zero level."

This is not the first time a federal health official has spoken so boldly. In 1984, Surgeon General C. Everett Koop called for a "smoke-free society" by the year 2000. However, Koop didn't offer specifics on how to achieve such a goal.

"What's different today is that we have policies and programs that have been proven to drive down tobacco use," said Matthew Myers, president of the Campaign for Tobacco Free Kids. "We couldn't say that in 1984."

These developments have made many in public health dream bigger. It's caused Myers' organization and others to tout the goal of bringing the adult smoking rate down to 10 per cent by 2024, from the current 18 per cent. That would mean dropping it at twice the speed it declined over the last 10 years.

The bigger goal is to reduce U.S. smoking-related deaths to fewer than 10,000, from the current level of 480,000. But even if smoking rates dropped to zero immediately, it would take decades to see that benefit, since smoking-triggered cancers can take time to develop.

But while some experts and advocates are swinging for the fences, others are more pessimistic. They say the key to reaching such goals is not simply more taxes and more local smoking bans, but action by the U.S. Food and Drug Administration to regulate smoking.

A 2009 federal law gave the FDA the authority to regulate tobacco products. The law barred FDA from outright blocking the sale of cigarettes, but the agency was free to take such pivotal steps as prohibiting the use of appealing menthol flavouring in cigarettes and requiring cigarette makers to ratchet down the amount of addictive nicotine in each smoke.

But nearly five years after gaining power over cigarettes, FDA has yet to even propose such regulations. Agency officials say they're working on it.

Many believe FDA's delay is driven by defence preparations for an anticipated battery of legal and political challenges. THE ASSOCIATED PRESS

# THE HEART OF THE MATTER

## YOUR CHOLESTEROL: BY THE NUMBERS

MINERVA STUDIO/SHUTTERSTOCK

What's your cholesterol IQ?

You should know your cholesterol level if you're a man older than 40, a post-menopausal woman, you are overweight, smoke, have diabetes, or if heart disease runs in your family.

Cholesterol, a type of fat made in the liver, is also present in some of the foods you eat. Your body uses cholesterol to build cells, aid in digestion, and produce hormones. But too much of the bad cholesterol LDL (low density lipoprotein) can build up in artery walls over time, forming a plaque. This plaque buildup can block the flow of oxygen-rich blood to your heart and brain, raising risks for a heart attack or stroke.

Canadian doctors like to get LDL cholesterol levels down to 2 millimoles per litre (mmol/L), but a worrisome number of Canadians don't meet that target. In fact, according to Statistics Canada, about 40 per cent of Canadians aged 40 to 59 have high LDL levels.

Middle-aged men should be regularly screened as should older women. According to Canadian practice guidelines, anyone with an LDL of 5 mmol/L or greater, as well as those who have already had a heart attack or stroke, or diabetics 40 years old and older, are typically prescribed a cholesterol lowering drug called a statin.

If you aren't in one of these high-risk categories, and your levels aren't checked, you may not even know you have high cholesterol because there are few symptoms.

The good news is that along with elevated blood pressure, cholesterol is a modifiable risk factor for heart disease, so you can take steps to control your levels. A common strategy is to follow a low-fat diet; you might also consider adding a daily dose of Metamucil — in powder or capsule form — which has been proven to lower mildly to moderately elevated cholesterol levels when accompanied by a low-fat diet.

Other tips include avoiding foods high in saturated and trans fats, choosing foods such as nuts, seeds and beans containing plant sterols that help control blood cholesterol, taking up physical activities, and being smoke-free.

# HOW TO TAME YOUR TUMMY TROUBLE

Do you have a gassy gut? A tender tummy? Or a bloated belly?

If so, you aren't alone. About 80 per cent of the population sometimes gets bloated, suffers from excess gas or wind, or has altered bowel habits, according to Dr. Richard Hunt, professor, emeritus, McMaster University, Hamilton, and founder and vice-president, Canadian Digestive Health Foundation.

The symptoms could be a sign of a potentially serious disorder such as irritable bowel syndrome (IBS), but, more likely, it's your gut telling you to change your diet.

Here are some easy-to-follow tips to ease the discomfort.

- Drink lots of water, while cutting down on alcoholic, caffeinated and sugar-rich beverages.
- Watch your fat intake. Stick to fish or low-fat meats like chicken or turkey or lean cuts of beef. Avoid fried foods and those containing trans fats
- Boost your fibre intake. You can get plenty from the No. 1 doctor recommended fibre brand Metamucil (Source: Health Care Analytics, 2012); it promotes digestive health by relieving irregularity.
- Choose the right carbs. Choose easily digestible carbohydrates such as potatoes, rice and bananas, and limit more difficult-to-digest carbs like beans, broccoli and cabbage.
- Experiment with probiotics. In the natural health product Align, probiotics provide live bacteria that form part of the natural healthy intestinal flora. This can help to relieve symptoms of IBS such as abdominal discomfort, gas and bloating. Align has 10 years of research behind it and is the No. 1 gastroenterologist recommended probiotic in the U.S., among gastroenterologists who recommended a brand of probiotic in a Symphony Health Solutions 2013 survey.
- Eat smaller, more frequent meals. Also avoid large meals, especially right before bed
- Limit sodium, sugar and artificial sweeteners. Your tummy — and your heart — will thank you.

There are other lifestyle habits you could adopt, including being active, achieving a healthy body weight, being smoke-free, and controlling stressors in your life.

*These products may not be right for you. Always read and follow the label.*

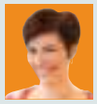
## DOUBLE WHAMMY

For a healthy heart and a stable stomach, try these top four strategies.

- Eat well. Aim for a low-fat diet with lots of easily digestible fruits and vegetables plus whole grains.
- Consume more fibre. Fibre, especially the soluble type, can help lower cholesterol levels. Adults older than 18 years old should aim to get at least 21-38 grams of total dietary fibre every day. For a quick fibre boost, dissolve a dose of your favourite flavour of Metamucil into your morning juice or smoothie.
- Get active. For adults 18-64 years old, experts recommend at least 150 minutes of moderate to vigorous aerobic exercise every week, in bouts of 10 minutes or more.
- Stop smoking. Smoking increases LDL blood cholesterol and the habit is unhealthy to just about every other part of the body.

Health Solutions

## Evaporated Milk? You bet!



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

OK, maybe I am a survivalist preparing for the zombie apocalypse. So what if I still have my Y2K water stored in the basement? You have to have a just-in-case plan!

If it is only one more blimey weeknight meal you need to survive, I have got you covered — evaporated milk. Yup.

This stuff is shelf stable for years, can be used in baking when mixed half and half with water, and it replaces milk in any recipe.

Use it for that fussy friend who only likes cream in his coffee if you are a skim milk kind of keeper. It can also go the other way and make a savoury cream sauce for pasta or to top vegetables.

Still fortified with vitamin D, it has twice the calcium and protein as regular milk but is less expensive and less perishable.

Honestly, you can't really go wrong having a couple of cans on hand. Just be sure you aren't picking up a can of sweetened condensed milk because that is also made by heating and evaporating milk but it is also laden with sugar.

We can debate the "go dairy free, everyone's allergic to it" concept and the "calcium isn't absorbable from dairy" idea later. For now, you have to make something for dinner and have very little going on in the fridge and with inspiration. Melt one tablespoon butter, whisk in one tablespoon flour, add a can of creamy magic and season if and as you wish. Just don't boil it! Unlike cream, it can't take the heat.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

# Spaghetti Squash 'Alfredo': Creamy and healthy comfort

THERESA ALBERT
myfriendinfood.com

You know you love pasta with cream sauce — everyone does. But the carbs and calories, oye!

This quick dish gives you that deep, warm, creamy pleasure without all the guilt. It comes together in a snap.

Evaporated milk delivers twice the calcium and protein of the same amount of whole milk. It is creamy but much lower in fat and calories. You can't lose with this quick weeknight vegetarian meal.

If you don't have the spaghetti squash, just make pasta and call it a day.

**Ingredients**

- 1 small spaghetti squash
- 1 tbsp butter
- 8 oz sliced mushroom
- 1 1/2 tbsp flour
- 1 clove garlic, minced
- 1 can evaporated milk
- 1 tsp freshly ground black pepper
- salt, to taste
- pinch dried chili flakes
- 1/4 cup grated Parmesan cheese

**1.** Pierce squash with a fork and place in microwave on a plate. Cook for 15-18 minutes until quite soft. When cooked, slice open carefully to let steam escape.

**2.** Meanwhile, heat a large skillet; add 1 tsp of butter and quickly brown mushrooms over high heat, set aside.

**3.** In the same skillet, turn heat to medium, melt the rest of the butter and whisk in flour, stirring until it bubbles and starts to brown.

**4.** Stir in garlic and cook for 30 seconds and then whisk in evaporated milk. Whisk until it thickens 2-4 minutes over medium-high heat. Do not boil!

This recipe serves four. COURTESY THERESA ALBERT

**5.** Scoop out seeds from squash and discard. Pull fibres with a fork and stir into creamy sauce. Add pepper, salt and chili flakes, top with cheese.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

CONTRIBUTED

# COMPLETE YOUR BSN DEGREE IN REGINA

The University of Saskatchewan opened the state-of-the-art Regina campus, home to the college of nursing, in fall 2012.

This campus allows students to complete their University of Saskatchewan bachelor of science in nursing (BSN) degree in Regina.

The BSN program is indirect entry — students complete one year of prerequisite classes, then apply to the college of nursing for three additional years.

Students may complete their first-year prerequisite classes at the University of Saskatchewan, University of Regina or select regional colleges before applying to the BSN program.

They also offer the master of nursing, primary health-care nurse practitioner, and post-graduate NP certificate through the Regina campus.

Students like Nicholas Fudger, who attended the Regina campus last year, were pleased with the new site, BSN program and quality of instructors.

"I enjoy the easy accessibility to the instructors here," says Fudger. "They are very open to us and we are encouraged to spend time with them and ask them our questions, which makes learning that much easier."

Applications for the September intake are now being accepted.

For more information, call 306-337-3800, or visit usask.ca/nursing.

# LEARN PROPER, PRACTICAL SKILLS

## AT COLLÈGE MATHIEU

Collège Mathieu is the only educational institution that provides programs at the college level in French in Saskatchewan.

Collège Mathieu helps prepare students for their professional career by enrolling in programs that respond to the labour market gap.

"All lectures are distance learning, except internships, and are aimed at equipping students with proper practical skills," says Josiane Barebereho, principal communication officer, Collège Mathieu. "This is an advantage for interested people who are employed, as they can study while continuing their daily business."

Collège Mathieu offers five credited programs in early childhood education, specialized educational assistant, resident care attendant, events management, and supervision.

"So far, the placement rate on the labour market for our graduates is very close to 100 per cent," Barebereho says.

The college also offers continuing education that deals with language classes (French, Spanish), essential skills, food safety, first aid, computer classes, and many more.

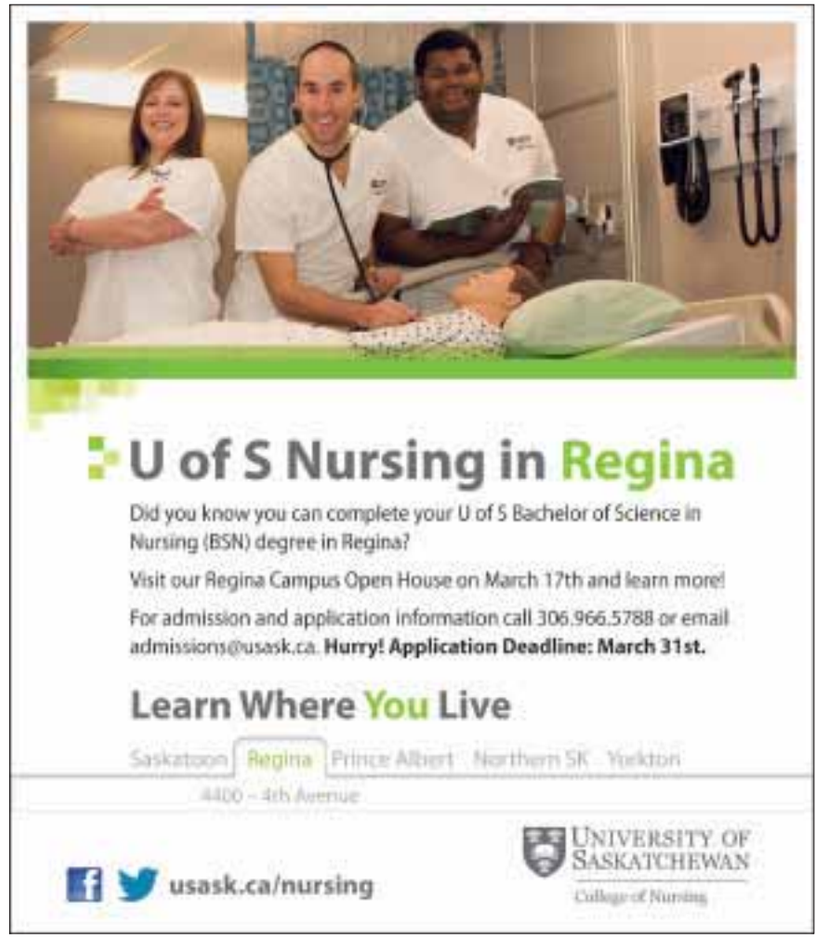
CONTRIBUTED

"We also organize trainings and workshops on specific subjects on a need basis," Barebereho says.

Collège Mathieu serves the entire province, with the main offices in Gravelbourg, and offices in Saskatoon, Regina and Ponteix.

In 2018, the institution will mark 100 years of existence.

For more information about Collège Mathieu, visit collegemathieu.sk.ca.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Did you know you can complete your U of S Bachelor of Science in Nursing (BSN) degree in Regina?
Visit our Regina Campus Open House on March 17th and learn more!
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College of Nursing

Canadian Brian McKeever, right, and guide Graham Nishikawa compete in the men's visually impaired 20-kilometre race at the Sochi 2014 Paralympic Winter Games on Monday. McKeever went on to win gold. SCOTT GRANT/CANADIAN PARALYMPIC COMMITTEE/THE CANADIAN PRESS

# Dice roll leads McKeever to gold

**Cross-country skiing.** Visually impaired Alberta athlete reaps reward of swapping guides earlier than he had planned to

Brian McKeever decided to take a gamble and the payoff was Canada's first gold medal at the Sochi Paralympics.

The cross-country skier won the men's 20-kilometre visually impaired event Monday thanks in part to a risky move at the midway point of the race. The eight-time Paralympic gold medallist — who has been battling a virus since arriving in Russia last week — started with guide Erik Carleton before switching to alternate Graham Nishikawa at the 10-kilometre mark amid sloppy conditions and warm temperatures.

It was a play McKeever had never before attempted in competition.

"Today was great," said McKeever. "It was really tough. Being sick last week made it hard and definitely made us a little nervous. It was huge team effort having two guides out there sharing the work. It was definitely needed. They were the ones that got me through today because I couldn't have done that on my own.

"The snow being what it was, it was much faster to be in behind. Those guys were, unfortunately for them, working pretty damn hard."

The 34-year-old from Canmore, Alta., finished in a time of 52 minutes 37.1 seconds with the help of a plan he devised with his coach and brother Robin.

The idea was for Carleton to guide the first 12 kilometres before giving way to Nishikawa. But when Carleton began to fade earlier than expected, Nishikawa stepped in to finish the job and lead McKeever to a victory of more than a minute over Russia's Stanislav Chokhlaev. THE CANADIAN PRESS

**Medal standings**

**4th**

After Monday's competition, Canada was fourth in overall medals with six (1 gold, 2 silver, 3 bronze) while Russia led the tally with 24 (7-10-7).

CFL

## Argos bid adieu to DT Mitchell

The Toronto Argonauts released all-star defensive tackle Khalif Mitchell on Monday.

The CFL club didn't provide a reason for the move but a league source requesting anonymity said it was to allow Mitchell to pursue NFL opportunities.

THE CANADIAN PRESS

MLB

## Bonds back with Giants for short stay

Barry Bonds is wearing a San Francisco Giants uniform once again, now as a hitting coach at spring training.

The career home runs leader joined his former team Monday at camp for a week-long stay.

Bonds, 49, appeared slimmer than he did during his last 15 seasons playing for San Francisco, where he finished in 2007 with 762 homers. "It feels really good to get back to the game that I love," Bonds said.

THE ASSOCIATED PRESS

NHL

## Stars' Peverley collapses in game

Dallas Stars centre Rich Peverley collapsed on the bench in the middle of a game.

Peverley was later taken to a hospital and the game between the Stars and Columbus Blue Jackets halted. After Peverley collapsed players from both teams and fans waited in silence.

THE CANADIAN PRESS

# Grapes promises wrath will remain intact

Don Cherry

JESSICA SMITH CROSS/METRO IN TORONTO

Don Cherry made a few things clear on Monday: No one tells him what to do, he'll never change and Hockey Night In Canada should always be aired on the CBC.

Rogers announced Monday that George Stroumboulopoulos will be the new host of Hockey Night in Canada and that Cherry will continue on Coach's Corner with Ron MacLean.

Sportsnet's Daren Millard will host Wednesday Night Hockey and Jeff Marek, also of Sportsnet, will host Thursday Night Hockey and Friday Night Hockey.

While CBC will air HNIC on Saturdays, Rogers maintains control and the profits. Rogers will carry 500 regular-season games across 13 networks and seven platforms, plus playoffs and the Stanley Cup final.

Asked what he thinks of the "new team" he'll be working with, Cherry said he wasn't too sure yet and offered an anecdote about posing for a Rogers photographer, alongside the other hockey media personalities a few minutes earlier.

"It's strange for me to have that photographer say, 'You stand there,' and I look back to Hockey Night in Canada and Ron, and it's like, 'Would you move?' I'm not used to being told what to do," he said. "I'm not about to be told now what to do."

"It does seem strange. It hasn't hit me yet," he added.

One thing Grapes says he does know is Coach's Corner won't change.

"Never," he said. "After all these years I don't know how to change, to tell you the truth."

Grapes said he'd like to see HNIC aired on CBC because of the broadcaster's mandate for nationwide coverage.

Stroumboulopoulos said he'll be hosting from a fan's perspective and facilitating conversations, and won't be offering expert analysis.

"I didn't play the game at the level of a champion, so I wouldn't offer the advice of a guy who played NHL hockey," he said. "I couldn't even make a minor team."

Stroumboulopoulos got his start as a sports reporter and he's been a fan since he was five when "the Habs were good — which quickly went away."

JESSICA SMITH CROSS/METRO IN TORONTO

## Horoscopes

### ♈ Aries
**March 21 - April 20**
A relationship that has been okay in the past will turn difficult today. There may be no apparent reason why it has suddenly gone sour but don't make an issue of it. Most likely it is just a passing phase.

### ♉ Taurus
**April 21 - May 21**
Base partnerships, both personal and professional, on mutual respect, because if you try to take liberties with friends, loved ones or work colleagues today you may pay dearly for it.

### ♊ Gemini
**May 22 - June 21**
This is a good time for creative activities, especially those where some sort of communication is concerned. Make sure you spell out what you are trying to say. Not everyone possesses your brain power.

### ♋ Cancer
**June 22 - July 23**
This can be and should be one of the most productive times of the year. The harder you work at making your dreams come true the quicker you will reach your goals.

### ♌ Leo
**July 24 - Aug. 23**
Try not to worry about personal or money problems. The cosmic picture suggests that your state of mind will be much more positive after next weekend's full moon.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You will be in a serious mood today as Mercury, your ruler, squares up to Saturn. Things you once believed in will be called into question and so-called "facts" will no longer stand up. It's time to get real.

### ♎ Libra
**Sept. 24 - Oct. 23**
The past few weeks have been tough and the next 24 hours is likely to bring challenges too, but nothing will happen that you don't have the intelligence and the courage to overcome.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
The message of the stars for you today is that you must not start worrying for no good reason. The challenges that come your way over the next few days will be tough but you are ten times tougher.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You are where you are for a reason, so don't start complaining that you would rather be some place else. No matter what occurs over the next 24 hours you can be sure to benefit in the long-term.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Many of the restrictions you have been labouring under in recently will get worse for a while. A crisis point will be reached for the 16th's full moon after which they will fade.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Changes on the work front may not be what you were hoping for but later in the year you will realize they were exactly what you needed, so don't be too negative about them. You'll move up soon.

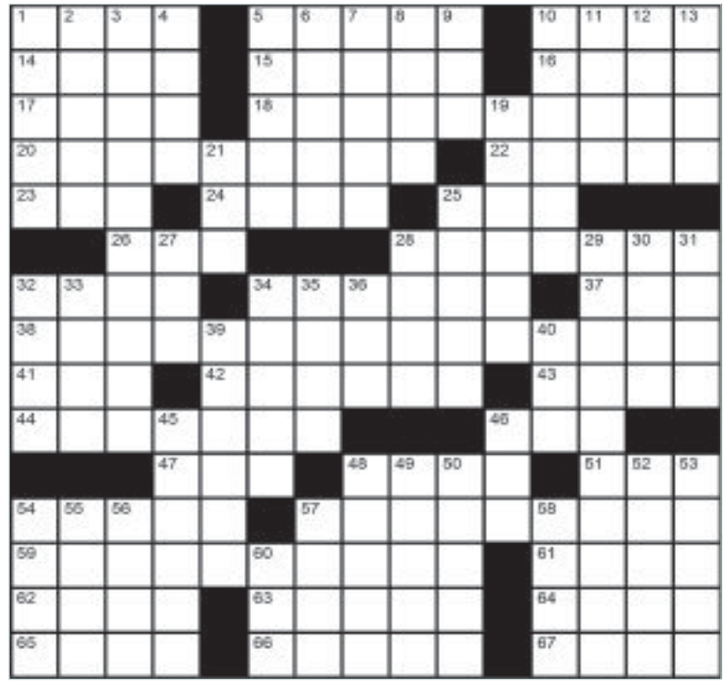
### ♓ Pisces
**Feb. 20 - March 20**
Be careful what you agree to over the next 24 hours because the planets warn you don't have all the facts. Don't accept what other people tell you simply because they look good and sound honest.

SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

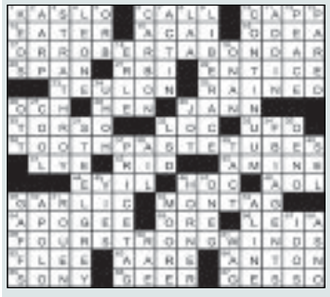
BY KELLY ANN BUCHANAN



**Across**
1. Loos
5. "__ the Land" by The Guess Who
10. "Don't take __ __ seriously..."
14. "Brrr! There's _ __ outside."
15. __ Notes (Literature aids)
16. Sheltered spot
17. Rate
18. Freelancer's workplace: 2 wds.
20. TVdom's Mike Brady, for one: 2 wds.
22. Pass on
23. 'Ranch' suffix
24. Floral arrangement
25. Singer Bobby
26. Alleyway animal
28. Pussycat Dolls song: 2 wds.
32. "Rock-_-__ Baby"
34. Roughriders home, __ Stadium
37. Jay Z's music
38. Coaches' seating on #25-Down: 3 wds.
41. Maritime workers' org.
42. Antarctica penguin
43. Preposition
44. __ Fields (Heavenly abode in Greek mythology)
46. Gr. behind Bob Hope's legendary shows for soldiers
47. Sun rays letters
48. Music key, _ __.
51. Lake: French
54. Humdrum
57. Plant not found in Newfoundland: 2 wds.
59. Muskokas locale in Ontario where Shania Twain played the Deerhurst Resort before hitting it big
61. __ empty stomach: 2 wds.
62. To boot
63. Computer company
64. Sell
65. __ green (Really bright colour)
66. Fix pant legs again
67. Sparkling wine from Italy

**Down**
1. Oversight
2. Keep __ __ of mystery
3. Tom Cochrane & Red Rider song: 2 wds.
4. Li'l requirement
5. Jerk
6. Thugs
7. Cosmetics brand
8. Clarinetist's prop
9. Paul Anka's "__ Beso (That Kiss!)"
10. How some heights and lengths are measured: 2 wds.
11. Labour
12. Dance music of the Caribbean
13. -Dokey's lead-in
19. An official language
21. Select
25. NBC's "The __"
27. Bronze Roman money
28. Surrealist painter Salvador
29. 1800s fashions undergarments
30. Actress, Melissa Joan __
31. Lhasa __ (Arf!)
32. Songstress, India.__
33. Church's sounder
34. King with a golden touch
35. Kitchen†appliance
36. Montreal seasoning
39. Foregoes
40. Three-toed sloths
45. The __ Place Hotels
46. Card game
48. Actor Mr. Lundgren
49. Thousand: French
50. "Hmmm, _ __ to remember..."
52. Before: French
53. Songstress Ms. Lauper
54. Comparison word
55. Govern
56. "__ __ doing..." (Thereby)
57. Tube
58. NS part
60. Alternate spelling, for short

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 2 | 4 | | 9 | 8 | | |
| | 7 | | 2 | | 8 | | 6 | |
| 6 | | | | | | | | 5 |
| | | 3 | 9 | 2 | 6 | 1 | | |
| | | | | | | | | |
| | | 9 | 5 | 1 | 7 | 3 | | |
| 4 | | | | | | | | 3 |
| | 5 | | 6 | | 3 | | 8 | |
| | | 7 | 8 | | 5 | 4 | | |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 6 | 9 | 5 | 7 | 3 | 1 | 4 | 8 |
| 8 | 7 | 5 | 6 | 4 | 1 | 3 | 2 | 9 |
| 3 | 1 | 4 | 8 | 2 | 9 | 6 | 7 | 5 |
| 4 | 3 | 6 | 1 | 5 | 7 | 8 | 9 | 2 |
| 1 | 5 | 7 | 2 | 9 | 8 | 4 | 6 | 3 |
| 9 | 8 | 2 | 4 | 3 | 6 | 5 | 1 | 7 |
| 7 | 9 | 1 | 3 | 6 | 5 | 2 | 8 | 4 |
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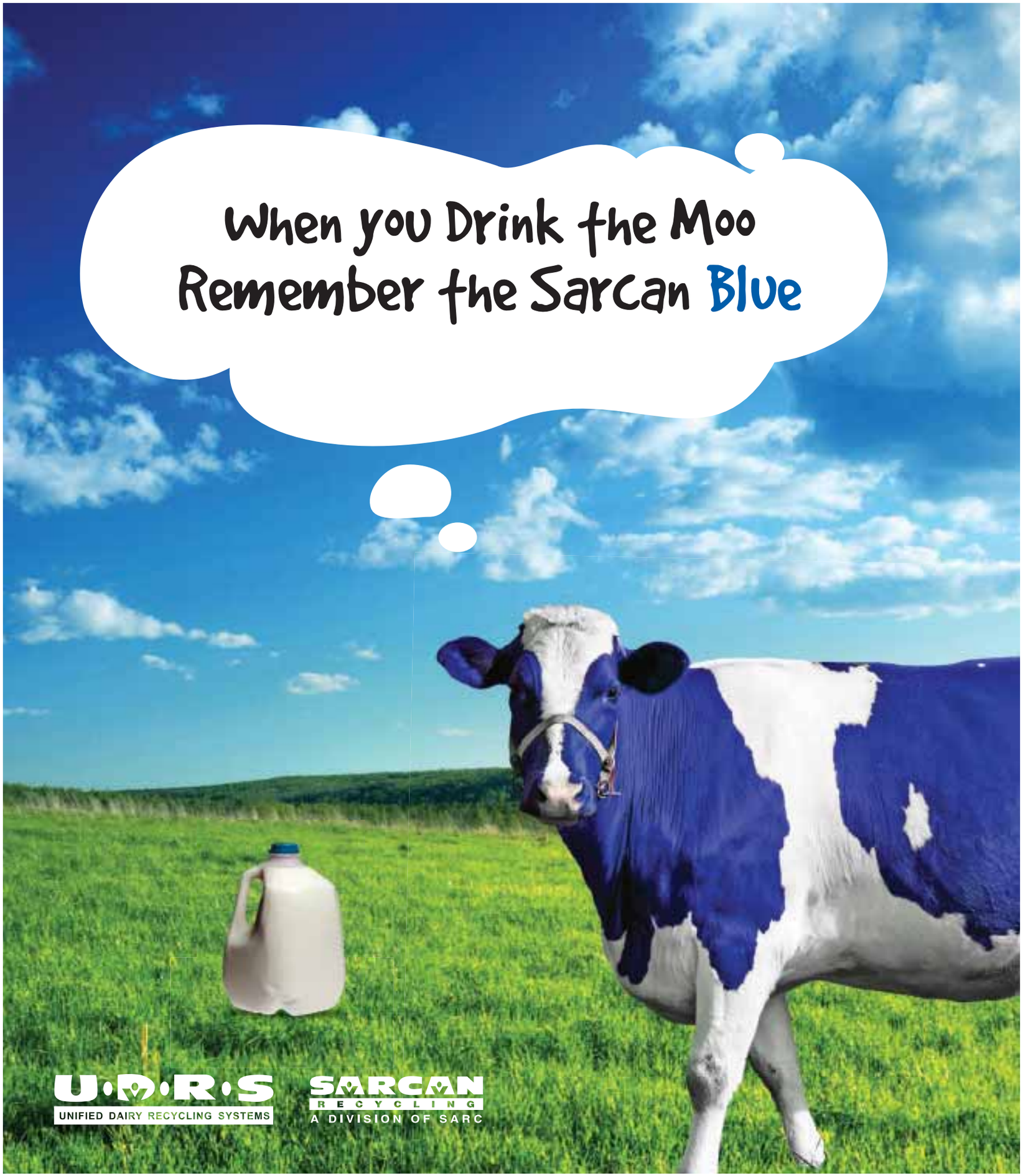
When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
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